

COVID-19

Los Angeles County Department of Public Health What to expect when your teen returns to middle or high school

Preparing your teen for what they'll find at school will help them adjust and be ready to learn. We cover the basics here. If you want to know more about the rules schools are required to follow, you can find them at: [Re-opening Protocols for K-12 Schools](#). If your child is graduating this year, you can find out what to expect at: [Graduations](#).

Parents will need to:

- **Conduct a symptom check** very day before your child heads to school. The school may require some sort of documentation, like filling out a screening form or responding using a mobile app.
 - If your child is not well or someone in your household has COVID-19, please keep your child home until your child is well or the quarantine period has passed,
 - Your child's temperature may be read again when they arrive at school
- **Make sure your child arrives** at school at the required time. If you are dropping your child off, they must be wearing a mask when they get out of your car. You will also need to wear a mask and stay at least 6 feet from other people if you get out of the car or arrive on foot.
- **Plan before visiting the school.** Do not enter the campus during school hours unless arranged in advance with a school official and permitted by the principal.

Please remind your teen:

- **That every student will be expected to wear a mask at school, except during active exercise or while eating or drinking.**
 - Masks should have at least two layers of tightly woven, breathable material and must fully cover the nose and mouth and fit snugly against the sides of the face and around the nose.
 - The only exceptions are for children under 2 or anyone who has been told by a doctor that they cannot wear a mask safely. Note: people with most underlying conditions (asthma, for example) can safely wear masks but if you or your child can't, check ph.lacounty.gov/masks for alternatives.
- **That every student will be expected to follow the rules of social distancing.**
 - Students will need to stay 6 feet away from others when they're outside the classroom.
- **That classrooms will be set up in a new way to promote safety.**
 - Everyone will be seated at least 3 feet away from other students and 6 feet from the teacher.
 - Classroom doors and windows will be kept open for ventilation, weather permitting.
 - Some classes may meet outdoors.
 - Students may be assigned to a stable group for a portion of each day, and as much as possible should remain with this group for classes, during lunch and breaks.
- **That teachers and staff will remind them to practice infection control:**
 - Textbooks and other supplies will be provided to each student, to be kept at school. They should not be shared. Individual lockers may be used to keep supplies.
 - They should wash their hands often with soap and water or use hand sanitizer with at least 60% alcohol, especially after going to the bathroom, before eating, and after blowing their nose, coughing, or sneezing.



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- School bathrooms will be open and cleaned often, and hand sanitizer will be provided in classrooms.
- **That cafeterias will be open, but mealtime will also be conducted in a new way.**
 - Meals and snacks will be provided but physical distancing will be maintained, and students should stay with their group in a designated area.
 - Students can bring lunch and snacks from home.
 - Students should not share food and beverages. This is a big change for many students, but it is an important safety measure.
- **That everyone at school will be expected to follow safety rules and be respectful of others.**

Many teens have missed learning at school and connecting in person with teachers and classmates over the past year. Now that they can attend school in person, interact with their peers and teachers, and enjoy group activities it is up to all of us to make it work.

- If a teacher or school official reminds you or your teen about social distancing or wearing a mask, remember that they are protecting you and your family, other students, all staff at the school, and the community.
- Students and families should follow the simple rules noted above; they are based on science and reflect research from all over the world about what it takes to stay safe.

**Finish out the schoolyear strong!
Stay smart and stay safe.**